

EMERALD HILLS

Special Care Program for residents with Alzheimer's disease and related dementia



Join Their Journey

*A wise man once said,
"Life consists of an
infinite series of now's."*

This statement summarizes the driving philosophy at Emerald Hills, an all inclusive community dedicated to meeting the unique challenges of memory loss including Alzheimer's.

We gather a tremendous amount of information about our residents' lives – past and present – and turn that knowledge into working tools to create meaningful interactions throughout the day.



Just because she's confused at times, doesn't mean she has to lose her independence too.

Research and Respect

Everything we do at Emerald Hills focuses on residents' abilities to experience love, friendship, hope, fear and sorrow.

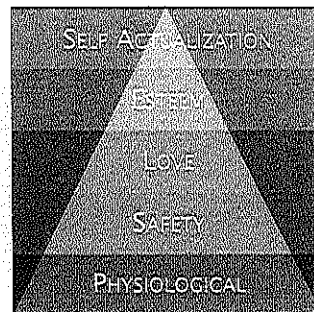
Our initial *Biographical Family Interview* and ongoing collaborations with our residents' families and friends tells the life histories, preferences and routines of each resident. We use this research to design a unique Individualized Service Plan for each resident. Activities and daily routines reflect what residents already know and like.

Our deep commitment to this ongoing, day-to-day research and respect ultimately means premium care and support for our residents.

Our Unique Approach

Basic Human Needs

Our Join Their Journey program at Emerald Hills is based on the universality of all human needs. Utilizing Maslow's Hierarchy of Needs, our entire staff works to "lift residents up the triangle" through meaningful interactions and activities.



Validation

When we interact with the residents, we focus on understanding and accepting their interpretation of their surroundings and their sense of self within the framework of their own unique histories and preferences. Essentially, they're "in the driver's seat", and we go along as "respectful passengers" to help make their journeys comfortable and safe.

Interaction and Communication

Our goal is to make our residents feel safe, successful, and needed – with a sense of belonging. Our entire staff is specially trained to build relationships with our residents. We believe that these relationships are critical to our residents' well-being, so everything we do is geared towards building and nurturing these relationships.

Because activities lead to relationships, every staff member is trained to be a "pro-activity director". Everything can be and is an "activity" that leads to interaction and communication. Residents often have communication deficits, we rely heavily on behavior – non-verbal clues that tell us what residents need and want.

All-Inclusive Community

Emerald Hills provides all accommodations, services, meals, and amenities for one monthly fee:

- Private and semi-private accommodations with daily housekeeping, laundry and all utilities except telephone and cable
- Small group areas for highly structured activities and socialization
- Smaller dining area with three daily meals served restaurant style

Complete Range of Residential Living Services

Emerald Hills can help with just about anything a resident might need, including:

- Daily assistance with bathing, dressing, and grooming
- Assistance with medication
- Escorts and assistance with walking
- Diabetic management
- Assistance with reminders and redirection
- Incontinence care

Please call our community to schedule a visit or discuss ways we may assist you (530) 888-8847.

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*The start of something
wonderful.®*

11550 Education Street • Auburn, CA 95602

530-888-8847

www.emeritus.com

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JOIN
THEIR
JOURNEY™
SUPPORT
GROUP



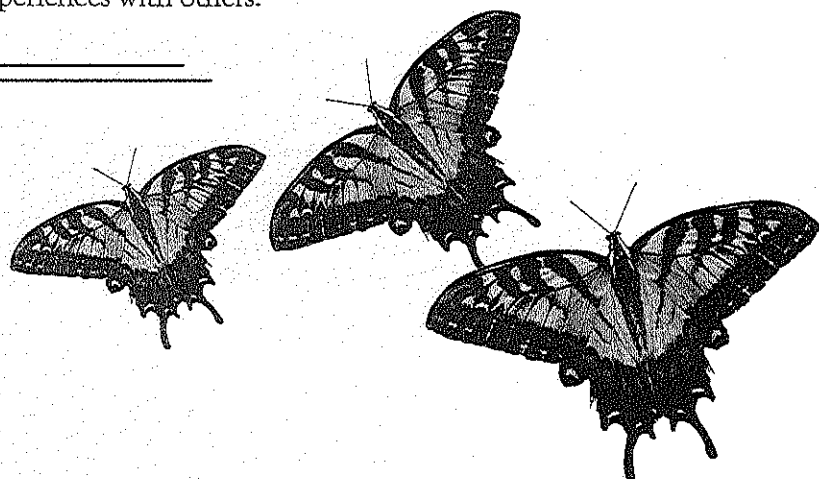
*Where people whose lives
have been affected by someone with
Alzheimer's or dementia
gather to help each other.*

Confidential, Comfortable, and Understanding

The Join Their Journey™ Support Group is a group of people like you, who've found themselves in the role of care partner. Members of the group get together to share, gather information, or just be with friends who are going through the same thing. They've found that it helps with their daily challenges as care partners for those who have Alzheimer's and dementia.

If you like, you can ask others in the group how they're dealing with certain situations. Or, you can merely be there, taking comfort in the fact that someone really does understand what you're going through. Occasionally, guest speakers are invited to share their expertise, so you can continue to learn about the disease process, latest research and many other topics.

You can join us for each gathering, or simply when you feel the need. The Join Their Journey™ Support Group creates an environment that is confidential, respectful, and comfortable. It's a safe place to share your experiences with others.



Benefits of Join Their Journey™ Support Group

As you attend or participate in these sessions you will find the support group to be a valuable resource to:

- Learn more about Alzheimer's disease and dementia
- Belong to a supportive community
- Talk and share with others
- Meet new people who understand what you're going through
- Gain helpful, practical tips
- Re-focus on your own health and well-being
- Understand the on-going grieving process
- Hear informative guest speakers



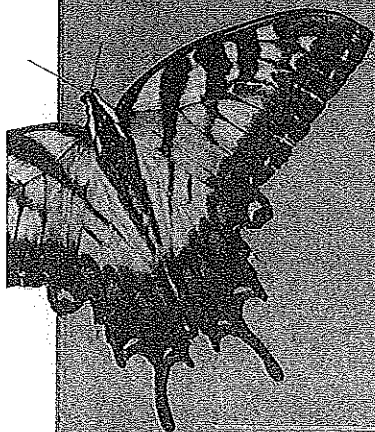
How to get there

Adjusting to life with Alzheimer's disease or dementia is not easy. But reaching out to people who've been there. Who understand what you're going through. And can help you with what they've learned.

We understand you may have challenges making arrangements for the care of the person with Alzheimer's or dementia while you attend the sessions. Allow us to assist you with your transportation needs or arranging care for your loved one.

We are a resource for you.

Call now to find out when the next Join Their Journey™ Support Group session will be held. You have an open invitation to attend, and it's not necessary to RSVP.



Before you can Join Their Journey,[™] begin yours.

If you have a friend or family member struggling with Alzheimer's Disease or dementia, then you're experiencing first-hand how these diseases can change your own life as well.

You probably have lots of questions. You may be confused as to what the future holds. You may even be uncomfortable telling others about what's happening.

You are not alone. There are people who are going through the same things you are, and they get together on a regular basis to help each other.

You're welcome to join us and you can participate in the way which helps you most. You can join the group for information, support or encouragement or you can simply sit and listen.

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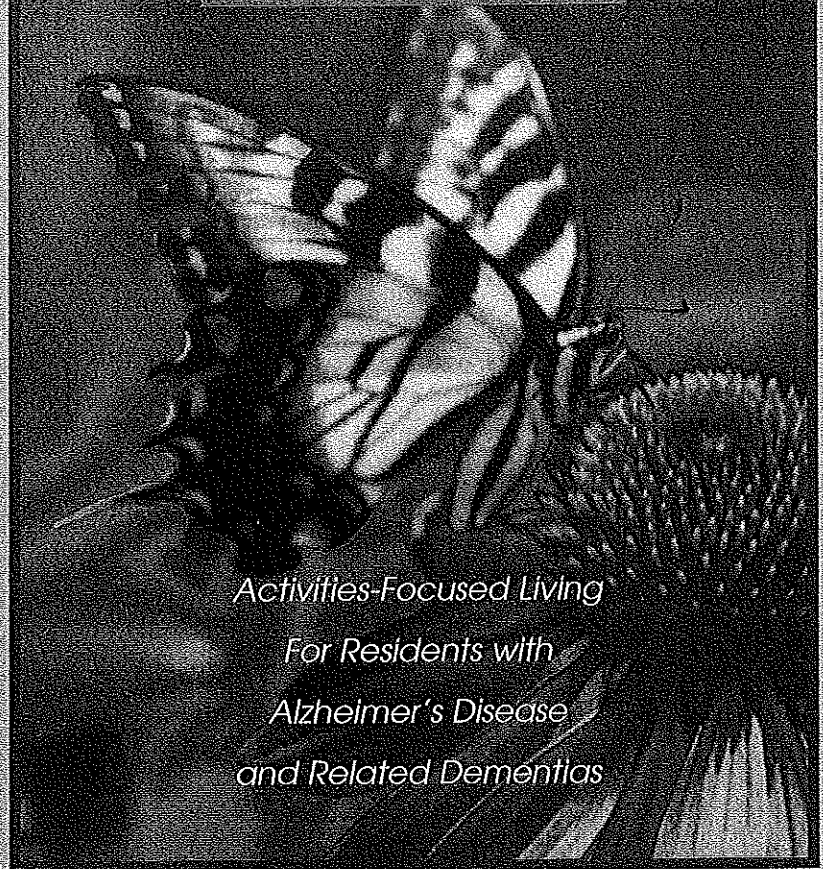
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JOIN
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*Activities-Focused Living
For Residents with
Alzheimer's Disease
and Related Dementias*

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OUR UNIQUE APPROACH

Human Needs

Our Join Their Journey™ program is based on the universality of all human needs. Utilizing Maslow's *Hierarchy of Needs*, our entire staff works to "lift residents up the triangle" through meaningful interactions and activities.

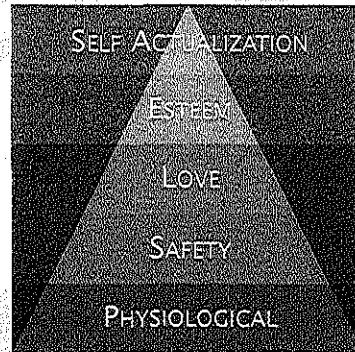
Validation

We use validation techniques as we interact with the resident. This way of relating focuses on understanding and accepting the resident's interpretation of his surroundings and his sense of self within the framework of his own unique history and preferences. The resident is in "the drivers seat," we go along in "the passenger seat" to help make the journey comfortable and safe.

Our staff members are empowered to be creative and flexible. For example, if a resident believes that she is waiting for a beau to pick her up, the caregiver might spend time helping her apply her make-up, pick out

her favorite jewelry, and ask open-ended questions about her beau. We not only are encouraging her to reminisce, but are validating her thoughts and feelings as well.

Although the resident may have lost her ability to perform many intellectual tasks or solve problems, she has not lost her ability to feel or experience such emotions as love, friendship, hope, fear and sorrow.



5 WAYS WE "JOIN THEIR JOURNEY"

Family Partnerships

Learning as much about the resident from their family members and friends is the basis for all of our programming. We start the partnering process by working on the Biographical Family Interview. This is our process for collecting and sharing about the resident's life history, preferences, routines and habits. This process is never finished. The collaboration between family and staff members incorporates care and support for all - the resident, family and staff members. Our family and educational support groups are safe places for families to share and learn together.

Personalized Environment(s)

Tailoring the environment of a resident to make the surroundings feel comfortable is accomplished by working with the family and significant others. We decorate the environment based upon the resident's past history and preferences. We plan activities based upon routines, past roles and human needs. We partner with families to ensure that the social and cultural routines and practices are incorporated into the surroundings and plans for activities and care.

Therapeutic Interactions Through Activities

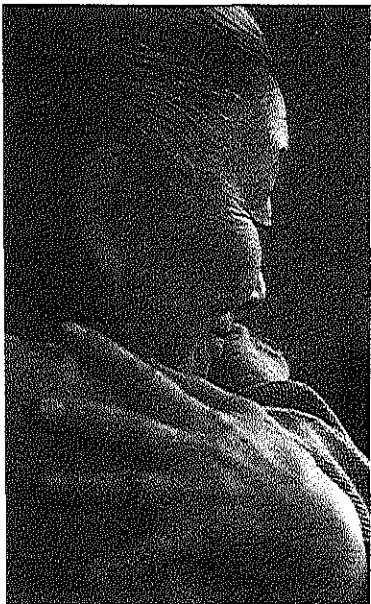
It is important that the resident feels secure and safe. Through interactions our staff members help the resident feel not just safe, but needed. We work to interact in ways that help the resident feel successful and have a sense of belonging. Our staff members are trained to be "pro-activity directors." Everything can and is an "activity." Activity leads to a relationship. That relationship is the key for each resident's well-being.

ADL Assist With Social Support

We take Activities of Daily Living one step further than most assisted living communities. By learning the resident's history, significant habits, and preferences, we provide assistance in the context of the resident's life. We encourage the residents to reminisce in an active fashion while assisting them in daily living tasks versus re-orienting them to reality.

All Behavior Is Communication

Rather than apply a label to typical behaviors associated with Alzheimer's disease and related dementia, our staff members search to find the unmet needs that may trigger behavior. Because many of the residents have communication deficits, we rely heavily on the behavior - both verbal and non-verbal - that tells us what the resident needs and wants.



BENEFITS TO YOUR PATIENTS

Activities-focused care fosters the sense of accomplishment and purpose in the resident's daily life.

Residents feel safe, secure, and accepted — which leads to fewer incidents and/or altercations.

The ongoing process of collecting biographical information incorporates and encourages collaboration in the care and support of the resident.

Families experience less stress as we help them to let go of expectations and focus on the simple pleasure of connecting in the moment.

Your patients and their families can take a proven approach that is as unique as they are...with positive, quality results. This is due to our:



ongoing staff and
family training



affiliation with community-
based experts and clinicians



incorporation of the most
recent research-based care
techniques



commitment to a quality
program

A wise man once said,

*"Life consists
of an infinite series
of now's."*

The Emeritus' Join Their
Journey™ approach is to
help our residents and
their families to create a
series of beautiful moments
to treasure. We gather a
tremendous amount of
information about the
resident's life – past and
present – and turn that
knowledge into wisdom
that allows them to create
one precious "now"
after another.

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